



TRANSIT *Lines*

“Transportation is the center of the world. It is the glue of our daily lives!”

-Robin Chase

Quarterly Newsletter

The Confident Commuter (blog) explores the health benefits of public transportation:

Amongst numerous air quality benefits that lead to cleaner air with less pollution, public transportation also contributes to many health benefits for individuals. Studies from the American Public Transportation Association and the Victoria Transport Policy Institute support this concept:

- Individuals who use public transportation get three times the amount of physical activity per day of those who don't (approximately 19 minutes instead of 6 minutes) by walking to stops and destinations. Inadequate physical activity contributes to numerous health problems, causing an estimated 200,000 annual deaths in the U.S., and significantly increasing medical costs. Among physically able adults, average annual medical expenditures are 32% lower for those who achieve physical activity targets (\$1,019 per year) than for those who are sedentary (\$1,349 per year).
- Riding the bus also reduces stress. Public transportation improves access to education and employment, which in turn leads to better long-term economic opportunities. In fact, 12 percent of transit riders are traveling to schools and almost 60 percent are going to work. It also provides access to social and recreational activities, allowing individuals to participate in events they otherwise couldn't. Furthermore, public transit benefits community cohesion by promoting positive interactions between neighbors.
- Transit contributes to lower rates of respiratory and heart disease. The health effects of mobile source pollution can be severe and even life-threatening,

particularly to children, older adults and adults with respiratory illnesses. Many groups are at greater risk because of chronic lung or cardiovascular disease, including people with diabetes, whose cardiovascular systems are threatened by particle pollution.



Photo: KFH Group

- Traffic casualty rates tend to decline as public transit travel increases in an area. Residents of transit-oriented communities have only about a quarter the per capita traffic fatality rate as residents of sprawled, automobile-dependent communities. According to a 2006 report, public transit has 0.03 fatal accidents per 100 million miles—about 1/25th the rate for automobiles; injuries as well as fatalities are reduced.

In addition, many public transportation agencies offer mobility services for elderly adults and persons with disabilities. These services provide access to medical appointments and social trips that would often go missed. TRANSIT Services of Frederick County provided 36,731 paratransit trips in Fiscal Year 2014.

Although the health benefits of public transit may seem obvious, you can never understand the true benefit of

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riding the bus, biking to work, carpooling, or using the train until you have tried it for yourself. Visit www.frederickcountymd.gov/transit for tips, tricks and tools to help your commute.



Using the Mobile Ticketing App at your Agency:

Transit ezFARE, the new mobile ticketing app from TRANSIT will allow passengers to use their smart phone to purchase tickets, including the new one-day pass. The one-day pass permits riders to ride all day for a set price of \$4.00.

Although the mobile ticketing app will serve a great benefit to passengers, tourists and shoppers, it can also significantly serve

health and human service agencies that wish to give back to their patrons.

The app will allow organizations (or individuals) to purchase tickets on the computer and send them to a desired cell phone number, allowing the recipient to receive and use the pass without the ability to re-sell or counterfeit the pass.

As many agencies wish to purchase TRANSIT tickets to give back to their patrons but do not want to purchase an entire book or monthly pass, the one-day option will serve as an appropriate medium.

Transit ezFARE launches on Monday, November 17th. To set up mobile app training at your facility, contact Adrienne Moretz at 301-600-3543 or email AMoretz@FrederickCountyMD.gov.

TRANSIT Driver of the Year Award Recipients Announced

TRANSIT Services of Frederick County announced its 2014 Fixed Route and Paratransit Drivers of the Year. The "Paratransit Driver of the Year" is Mr. Aine St. Armand and the "Fixed Route Driver of the Year" is Mr.

Herbie Kanode. Drivers are selected based on their safe driving records, exceptional attendance, positive attitude, and excellent customer service skills.

TRANSIT Drivers of the Year regularly earn recognition by the Transportation Association of Maryland. Aine and Herbie are part of the outstanding team of dedicated professional drivers that provides quality service when transporting Frederick County citizens. TRANSIT drivers are frequently commended by customers as well as their peers for their exemplary performance.



How Do You Transit?

Do you (or someone you know) use public transportation to get around in a way other than driving alone? We want to know how you transit! Submit your name, email and phone number to AMoretz@FrederickCountyMD.gov to be featured in the next installment!

TRANSIT Signs on with WFRE for Toys for Tots Campaign



TRANSIT has recently signed on as a Title Sponsor with local County music radio station, WFRE, to encourage citizens to "Stuff the TRANSIT bus" with toys for needy children during the Holiday season. The TRANSIT bus will be stationed at several remote events during the months of November and December, collecting toys. The amount of toys will be matched by local Marines during the finale event, December 14th at the Wal-Mart on Rt. 26. Call TRANSIT to learn more at 301-600-3543.

(301) 600-2065 www.FrederickCountyMD.gov/transit
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